

ARIZONA DEPARTMENT  
OF HEALTH SERVICES

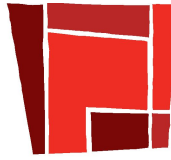
# DRAFT DOCUMENT: SUBJECT TO CHANGE

**NOTE: Gyms are currently closed under Executive Order 2020-43 and have not been opened in the state of Arizona. This document is being provided as a courtesy for the industry to prepare for a potential opening on a date not yet specified. It is subject to change. This should not be interpreted as an allowance to open as enforcement action will continue to be taken in the interest of public health.**

## Requirements for Indoor Gyms and Fitness Clubs/Centers Latest Updated: July 22, 2020

**Per the Centers for Disease Control and Prevention (CDC) guidance, under all circumstances, the following precautions must be taken by *people utilizing indoor gyms and other fitness venues*:**

- [Stay home if you are sick.](#)
- Protect yourself while visiting gyms:
  - Avoid close contact and stay more than 6 feet away from others.
  - Wear a mask/cloth face covering while at the facility.
    - Make sure to maintain more than six feet of distance between you and other people while your cloth face covering is off.
    - Coverings should not be placed on children less than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the cover without assistance.
    - In accordance with CDC guidelines, individuals who are engaged in high intensity activities, like running, may not be able to wear a mask/cloth face covering if it causes difficulty breathing. If unable to wear a mask/cloth face covering, these individuals should consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others.



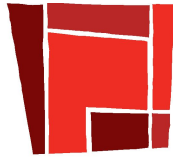
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- Wash your hands often, especially after leaving the gym, with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue or your sleeve (not your hands) and immediately throw the tissue in the trash.
- If possible, use touchless payment methods. If you must handle money, a card, or use a keypad, use hand sanitizer immediately after.
- If you are at [higher risk](#) for severe illness, you should avoid visiting gyms and fitness providers. People at higher risk for [severe illness](#) include adults 65 or older and people of any age who have serious underlying medical conditions.

Gyms and fitness providers must take measures to ensure that employees and guests follow these guidelines.

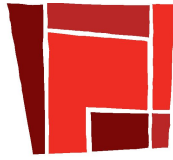
### **The Arizona Department of Health Services requires the following additional steps be taken by *gyms and fitness providers*:**

- Implement and enforce physical distancing precautions that maintain more than 6 feet between individuals who do not live in the same household:
  - Operate with 50% or less occupancy and capacity (not including employees/staff) based on the size of the facility.
  - Close communal spaces and common areas where people are likely to congregate and interact.
    - If unable to close the area, restrict access and have employees staff the area to enforce physical distancing.
  - Arrange waiting areas, service areas, and break rooms to enforce physical distancing, and sanitize areas regularly between use.
    - If not closed, severely limit access to waiting areas, service areas, and break rooms, and have employees staff the area to enforce physical distancing, if feasible.
    - Do not allow guests to wait or linger in waiting areas, service areas, break rooms, or lobbies.
  - Enforce similar physical distancing requirements in employee-only spaces, such as break or dining rooms, uniform control areas, and shared office spaces. Consider closing or restricting access to these spaces.
- Implement temperature checks or symptom screening at the door for all guests.
- Consider touchless check-ins, such as guests scanning their own membership tag.
- Require online or phone pre-bookings or reservations for fitness classes and limit the number of guests in the class to allow for appropriate physical distancing.
  - Do not conduct back-to-back fitness classes. Thoroughly clean spaces and equipment between classes and provide proper ventilation.
  - Provide lines/markings on fitness class floors to clearly demonstrate where guests should stand to ensure physical distancing.
- Consider a reservation system for guests to use the facility.



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- Consider continuing to offer virtual classes or training.
- Arrange fitness equipment so that appropriate physical distancing can be adhered to.
- Mandate the use of cloth face coverings for all guests while at the facility, unless vigorous exercise makes wearing a cloth face covering unsafe. Physical distance of more than 6 feet must still be adhered to.
- Sharing of equipment shall be minimized or limit the use of equipment to one user at a time with a staff member cleaning and disinfecting between use.
- Post signage at entrances about how to stop the spread of COVID-19, properly wash hands and practice other protective measures, as well as advising those with symptoms of illness to not enter.
- Post signage at entrances about rules for the facility, and ensure that all members are notified by email or other contact methods of new rules and changes in rules.
- Ensure that ventilation systems of indoor spaces operate properly.
  - Increase the circulation of outdoor air as much as possible by opening windows and doors.
- Where possible, implement one-way traffic for entrance to and egress from the facility.
- Ensure that all water systems like drinking fountains, decorative fountains, pools, and hot tubs are safe to use [after a prolonged facility shut down](#) to minimize the risk of [Legionnaires' disease](#) and other waterborne diseases.
- Encourage or require guests to bring their own water bottles and water.
  - Consider shutting down water systems like drinking fountains, decorative fountains, and hot tubs.
- Provide adequate supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60% alcohol, disinfecting wipes, tissues, and no-touch trash cans.
  - Provide access to soap and water for handwashing or an alcohol-based hand sanitizer at stations around the gym for use by employees and clients.
- Encourage or require guests to bring their own towels and mats. If mats are shared they must be sanitized by a staff member after use.
- Implement comprehensive sanitation protocols, including sanitizing gym equipment and mats, after every use.
  - Identify and, if possible, dedicate staff for cleaning and sanitizing
  - Provide disposable disinfectant wipes, cleaner, or spray so that guests can wipe down frequently touched surfaces on gym equipment.
    - If feasible, provide each guest with their own sanitation spray bottle during their visit.
  - Wipe any pens, counters, or hard surfaces between each use, including after use by the customer.
  - Remove equipment that is difficult to clean, such as yoga blocks and foam rollers.
  - Consider limiting gym hours to allow for proper sanitation.
  - Implement enhanced sanitation of locker room areas.



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- Close locker room areas.
- Use a system that separates the already cleaned and disinfected items from the items that need to be cleaned and disinfected.
- See additional [CDC guidance](#) and [EPA guidance](#) on cleaning and disinfecting.

The list of EPA-approved disinfectant products for use against the virus that causes COVID-19 can be accessed [here](#).

### **The Arizona Department of Health Services requires the following additional steps be taken for staff:**

- Require sick employees to stay home and not return to work until they have met criteria to return to work.
  - Employees who appear to have symptoms or who become ill while at work should immediately be separated from others and sent home.
  - Document and communicate sick leave policies to employees and staff
- Consider implementing flexible sick leave policies that permit adherence to public health isolation and quarantine guidance.
- Implement symptom screening for employees prior to the start of their shift, and implement temperature checks at the door.
- Train all employees on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- Ensure that all employees are notified of new facility rules and any changes in rules.
- Ensure that employees maintain more than 6 feet of separation from other individuals, when possible.
- Provide appropriate personal protective equipment (PPE) for employees in accordance with public health recommendations.
- Provide adequate supplies in employee workspaces to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60% alcohol, disinfecting wipes, tissues, and no-touch trash cans.
- Enforce the use of disposable gloves while laundering towels and clothing and, in accordance with manufacturer's instructions, use the warmest allowable water temperature and ensure items are completely dried.
  - Do not shake used towels.
  - Clean and disinfect bins that hold used towels.
  - Wash hands right away after removing gloves and handling used towels.

**For additional guidance on cleaning, visit CDC's [Cleaning and Disinfecting Your Facility](#) page and CDC's [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#).**

**For COVID-19 questions, please call the Arizona COVID-19 Hotline at: 1-844-542-8201.**